

GET INVOLVED!

CRYSTAL FRIENDSHIP CENTER

The Friendship Center extends a special welcome to the 55+ population! We offer a large gathering room, book and puzzle library, and a billiards room. The Crystal Friendship Center is open to all individuals age 55 and better for a yearly fee of **\$12 for Crystal residents and \$19 for non-residents per year**, which allows the member to:

- participate in and receive discounts for select senior programs
- receive the *Prime Time News* – a quarterly newsletter

(*Prime Time News* may be purchased at the Crystal Community Center front desk for 50¢ a copy for **non- members**).

CRYSTAL FRIENDSHIP CENTER HOURS

Monday– Wednesday	10:00 am- 9:00 pm
Thursday	10:00 am– 4:30 pm
Friday	10:00 am– 4:30 pm
Saturday Tournaments	12:30 pm– 4:30 pm

MINNESOTA ROOM PHONE NUMBER
763-531-1182

WEEKLY FRIENDSHIP CENTER GROUPS

We welcome you to join our many card groups that meet throughout the week. After your second day as a visitor, a membership card is required. The day games begin at 12:30 pm* with the evening groups at 6:30 pm.

Entry fee to weekly games is 50 ¢ unless otherwise noted. ***(NEW:**

DUPLICATE BRIDGE starts at 12:00 PM– NEW FEE: \$1.00).

Come early if you do not have a partner to make necessary arrangements for a place at a table. Limit of 33 tables.

DAY GAMES

Duplicate Bridge*..... Monday (**STARTS AT 12:00 PM– \$1.00**)

(No meeting date: January 19, February 16)

Meet Tuesdays, January 20 and February 17

500..... Wednesday

(No meeting date: December 24)

Whist..... Thursday

(No meeting date: December 25 and January 1)

Bridge..... Friday

(No meeting date: December 26)



EVENING GAMES

500..... Monday (entry fee: 25¢)

Whist..... Tuesday

Cribbage..... Tuesday

(No meeting date: December 24)



SENIOR DINING (60+)

Senior nutritional meals are served Monday-Friday at the Crystal Community Center at 12:00 pm. Reserve your lunch by calling three days in advance at 763-531-1183. Call a friend to join you for a great meal at a reasonable cost of \$4.00, payable the day of senior dining.



CARD TOURNAMENTS

Tournaments are held in the Minnesota Room. A partner is required to play in the tournament; however, a Crystal Friendship membership is not necessary to participate. Payment is taken when both partners are present. Card tournaments start at 12:30 pm. Limit of 33 tables.

500 (\$1.50 entry fee)..... January 3,

February 7, March 7 (No Tournament December 6)

Whist (\$3 entry fee)..... December 13,

January 10, February 14, March 14

Duplicate Bridge (\$3 entry fee)..... December 20,

January 17, February 21, March 21

Bridge (\$2 entry fee)..... December 27,

January 24, February 28, March 28

FREE BRIDGE LESSONS! CRYSTAL COMMUNITY CENTER

BEGINNERS (PARTY BRIDGE):

Mondays– 4:00-6:00 pm

January 12– March 2 (No class Jan 19 or Feb 16)

INTERMEDIATES (DUPLICATE BRIDGE):

Wednesdays– 1:00-3:00 pm

January 14-February 18



REGISTER: Call 763-531-0052

HOLIDAY POTLUCKS

Bring your holiday spirit and a favorite pre-packaged dish to share!

Monday, December 15– 11:00am

Duplicate Bridge

Wednesday, December 17– 11:00 am

500, Bridge, Cribbage, Whist, Dominoes, P*ker, Billiards

Thursday, December 18– 12:00 pm

Pickleball



55+



Activities

TOTAL BODY WORKOUT

It's a proven fact – exercise improves your life physically and mentally. This one-hour class is divided into three parts, 20-minute low-impact aerobic warm up, muscle toning with weights and bands, and a cool-down component. Mats provided. No class January 19 and February 16.



Mondays, January 5-May 189:00-10:00 am

Wednesdays, January 7-May 20 8:45-9:45 am

Location: Crystal Community Center

Fee: \$45/15 class-punch card residents or current Friendship Center card holders; \$52/15 class-punch card non-residents; \$5 drop-in fee

DANCE FOR THE AGELESS

No experience necessary. We'll begin with gentle floor work and standing warm-ups which serves to strengthen, stretch and balance the body. Included are exercises influenced by modern dance, yoga and Pilates focusing on joint articulation, balance, foot work and preparing the body to move through space. The following communities are considered residents for this program: Crystal, Golden Valley, Robbinsdale. Call 763-531-0052 to register by January 23.

Mondays, February 2- April 6.....9:15-10:15am

FEE:\$72 residents; \$79 non-residents

LOCATION: Crystal Community Center

PICKLEBALL 55+

Pickleball is for people of all athletic abilities, described as a combination of ping pong, tennis and badminton. It's a great work out, very social, and a competitive and athletic game. Pickleball uses a plastic whiffle ball and a paddle and is played on a court roughly half the size of a tennis court. This is not a league...for all levels of play...come when you can...just drop in...with no advanced registration. Equipment is provided for you to try the game. Gym shoes are required. For your convenience, purchase a punch card and save. One punch per time. No Pickleball on December 25, January 1 and 19, and February 16.



Mondays and Thursdays.....9:00 am-1:00 pm

Location: Crystal Community Center

Fee: \$2/time or \$1/time for Crystal Friendship members; \$10 for punch card with 10 punches for Crystal Friendship members \$15 for punch card with 10 punches for non-members.

55+ HEALTH GYM WALK

The Crystal Community Center is available for walking on the following days and times:

Tuesdays 8:00 am-2:00 pm

Wednesdays12:00 pm-2:00 pm

Fridays 8:00 am-2:00 pm



The Crystal Community Center will have one to three gyms available for walking depending on scheduled activities. **Recreation programs and rentals take priority and hallways may be available for walking when there is an event or rental.** Black-soled shoes not allowed. Closed on December 24 at noon, December 25 and 26, January 1, 19, February 16.



ROVING MINDS

This program is dedicated to the idea that learning is a lifelong process. Topic is "Events that Changed the World." We meet on the third Tuesday of the month at Robbinsdale City Hall from 1:00-3:00 pm. There is a \$10 fee to participate in this group. Call 763-531-1274 to register.

MOVIE DISCUSSION SERIES



Join us on Thursdays at 9:30 am in the Robbinsdale Police and Fire Station, 4101 Hubbard North (lower level), as we enjoy refreshments, watch a movie on the 35" TV and discuss the movie afterwards. Bring a pillow for a softer chair cushion.



BOOK DISCUSSION GROUP

The Book Talkers group is for you if you like to read and then talk to someone else about the book. The group meets the first Tuesday of the month at the Robbinsdale City Hall from 1:00 to 2:30 pm. Join us anytime-new people are welcome. Donations accepted for treats.

55+ Activities

OSHER LIFELONG LEARNING INSTITUTE (OLLI)

OLLI is an affiliated program of the University of Minnesota College of Continuing Education. Limited space for Crystal Residents or Crystal Friendship Center Members. Register: 763-531-0052. Classes held at Crystal Community Center. Fee: FREE to Crystal Residents and Friendship Center members.

PLATONIC DIALOGUES ON FRIENDSHIP (OLLI)

This course will be a continuation of the study of Plato's Symposium completed in the Fall of 2014. We will study two shorter dialogues: "Lysis" and "Phaedrus." Michael Ormond taught political philosophy at California State Long Beach from 1967 to 1974. After receiving a law degree from the University of Minnesota in 1978, he practiced family law until his retirement in 2011. Register by January 16.

Mondays, January 26– March 9. 10:00 am– 2:00 pm



AAA DRIVER IMPROVEMENT PROGRAM (4 HOUR CLASS)

The Driver Improvement Program course is taught by a Minnesota Highway Safety Center trained instructor.

The class will explore changes in laws, vehicle technology, defensive driving tips, traffic safety and accident prevention. Completion of this course allows for a 10% reduction on automobile insurance premiums for those over the age of 55. Have your driver's license number available for efficient registration. Session 1 register by January 11; Session 2 register by February 9; Session 3 register by April 17; Session 4 register by May 30. Session 5 register by March 31; Session 6 register by May 4.

1. **Thursday, December 11**9:00 am-1:00 pm
2. **Thursday, January 8**.....9:00 am-1:00pm
3. **Thursday, February 12**.....9:00 am-1:00 pm
4. **Thursday, March 12**.....9:00 am-1:00 pm
5. **Thursday, April 9**.....9:00 am-1:00 pm
6. **Thursday, May 14**.....9:00 am-1:00 pm

Location: Crystal Community Center

Fee: \$18 AAA Member (must show AAA card at class)

\$ 20 for non-AAA member



AAA DRIVER IMPROVEMENT PROGRAM (8 HOUR CLASS)

The Driver Improvement Program course is taught by a Minnesota Highway Safety Center trained instructor. The class will explore changes in laws, vehicle technology, defensive driving tips, traffic safety and accident prevention. There is a 45 minute lunch break. Completion of this course allows for a 10% reduction on automobile insurance premiums for those over the age of 55. Session 1 register by February 18. Session 2 register by April 1.

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- 1: **Saturday, February 28**8:30 am-4:30 pm
- 2: **Saturday, April 11**8:30 am-4:30 pm

Location: Crystal Community Center

Fee: \$22 AAA Member (must show AAA card at class)

\$24 non-AAA Member

SKYWARN SPOTTER (OLLI)

Each year Minnesota is subjected to a wide variety of weather. As partners in the National Oceanographic and Atmospheric Administration (NOAA) Skywarn program, trained weather spotters are the backbone of our community emergency preparedness. This 3-hour course was developed by the National Weather Service as a training tool for weather spotters. This course will focus on three main areas: Spotter safety; Activities during the anticipation/planning stage of a storm; Step-by-step spotting techniques for identifying and reporting severe weather. John Lindstrom; Adjunct Instructor of Industrial Safety; Hennepin Technical College. Retired Fire Marshal and Helicopter Pilot.

Thursdays, March 12 and 19.....12:30-2:00 pm

AARP SMART DRIVER REFRESHER COURSE (4 HOUR)

Do you want to receive up to a 10% discount on your car insurance for the next three years? **You must have completed an eight-hour class in order to register for this four-hour, state approved refresher course.** While no driving or testing is necessary, attendance is required for credit and certificate.



Course fills quickly. Have your driver's license number available for efficient registration. To receive the AARP membership discount, you must register at the front desk during regular office hours with proof of your membership. Friendship Center members will receive Crystal resident rates. Register one week prior to the class start date.

- Thursday, February 12**.....9:00 am-1:00 pm
- Thursday, March 12**.....9:00 am-1:00 pm
- Thursday, April 9**.....9:00 am-1:00 pm
- Thursday, May 14**.....9:00 am-1:00 pm

Location: Crystal Community Center

Fee: \$17 residents with AARP membership

\$22 residents without AARP membership

\$19 non-residents with AARP membership

\$24 non-residents without AARP membership



AARP TAX AID

Tuesdays, Feb. 3– April 14
9:00 am—3:00 pm

The Crystal Community is a host site for AARP tax aid for the elderly, disabled and low-income population in the north suburb area. Appointments are scheduled on a first-come, first-serve basis.

QUESTIONS? 763-531-1189

Winter Fun!!!

HOLIDAY LUNCHEON

Tuesday, December 2

12:00-1:30 pm

Enjoy a delicious catered holiday meal while being entertained by the talent and energy of Totino Grace's "Company of Singers." Holiday tunes and debut of their new show will be included in the program.

Friendship Center members are considered residents for this event. Doors open at 11:30 am. Call 763-531-0052 to register.

Fee: \$9 Crystal residents or Friendship Center Members
\$12 non-residents



HOLIDAY TEA

Monday, December 15

1:00-2:30 pm

Join us for a delightful afternoon with entertainment by singer Jim Berner, followed by delicious finger foods and desserts. Festive attire is encouraged. Bring your own tea cup and saucer to add to the fun.

Call 763-531-0052 to register by December 10.

Location: Brookview Community Center
Golden Valley

Fee: \$9



HOLIDAY BAND CONCERT
Thursday, December 4
7:00-8:30 pm
Join us for this **FREE** concert with the Robbinsdale City Band under the direction of Mike Serber. Come and be entertained with traditional band music and holiday favorites. There is nothing like a sing-a-long to start off the holiday season.
7:00 pm- Coffee and Cookies served
7:30-8:30 pm- Concert
Location: Crystal Community Center

WINTERFEST
Saturday, December 6
10:00 am- 12:00 pm
FREE!

Bring your grandchildren and join us for a special morning of music and entertainment. Many fun and exciting activities will be going on inside and outside the Crystal Community Center. All activities are free. Refreshments will be sold.

2014 CRYSTAL SPARKLES HOLIDAY LIGHTING CONTEST

Do you or someone in your neighborhood have an outstanding display of holiday lights? Nominate your favorite outdoor holiday display in the Crystal Sparkles contest, and let the rest of the community know about it! Entries will be judged in one of the following categories:

- Single-family residence (first place \$50 and second place \$25)
- Commercial business display (first place \$50)

Nominations must be received by Wednesday, December 10. Judging will take place December 14.

Judges will pay close attention to creativity, artistic design, and visual effect, but not necessarily the size of the display. Winners will be notified by December 22 and recognized at the City Council meeting on January 6. Nomination forms are available at the Crystal Community Center and the city's website at <http://www.crystalmn.gov>. Sign up any entry via email Crystal.Recreation@crystalmn.gov or register your own home online using www.crystalconnect.org.



Donut Make You Wonder?



Join us on the **third Wednesday of the month** for informative programs, coffee and donuts. The program is held at the **Crystal Community Center** from **10:00-11:30 am** and is sponsored with the cities of Brooklyn Center, New Hope, Robbinsdale, and School District #281. A **\$2 fee** is collected at the door, however, you must register at least three days in advance so there are enough donuts for everyone. Call 763-531-0052 to register today!



TABLETS AND SMARTPHONES WHAT TO BUY & HOW TO USE THEM

Whether you are thinking about buying a tablet or have one and want to learn more about it, join Ron Timm for this fun and informative class! Learn the difference between Android or Apple operating systems, size, the difference between 4G and 3G and storage. Learn about apps, where to find them and which ones are fun and useful as well as which ones are compatible with your system. Learn how to avoid and detect viruses, how to download books and videos, how to listen to music, take a picture and so much more. Register by January 15.



Wednesday, January 2110:00-11:30 am

MINNESOTA ALZHEIMER'S ASSOCIATION AGING & BRAIN HEALTH

This presentation will look at the importance of brain health as we age and some common things we can all do to keep our brains (and bodies) healthy. In addition, brain diseases/ disorders dementia, Alzheimer's disease, stroke and others, will be defined along with their risk factors and what can be done to lower those risks as we age. Deborah Richman is the director of education and outreach for The Alzheimer's Association of Minnesota and North Dakota. Register by February 12.



Wednesday, February 18.....10:00-11:30 am

THANKS TO OUR SPONSORS!!!

Home Instead Senior Care

Minnesota Medicare Consultants

The Crossings at Brookwood



"TIMES THEY ARE A CHANGING"

Michael Peterson, Research Analyst with the MN State Demographic Center will share with us key demographic changes affecting Minnesota. The unprecedented aging of our state coupled with an increasingly racially diverse future is driving Minnesota's population. He will also share current and historical Census data with the State Demographic Center's population projections. The State Demographic Center assists policymakers, state and local governments, businesses, non-profits, the media, and all Minnesotans locate and understand the demographic data they need to make smart decisions. Register by March 12.

Wednesday, March 1810:00-11:30 am



"APOLLO: WHY WE WENT TO THE MOON" A NON-TECHNICAL LOOK AT MANKIND'S GREATEST TECHNOLOGICAL ACHIEVEMENT

In 1961, President Kennedy challenged us to go to the moon before the end of the decade, and this challenge is often cited as the reason for this success. However, without a number of other factors in place during the 1950's and 1960's, there is little doubt that the mission to the moon would have either failed or not been attempted at all. Even though the moon landing was our greatest technological achievement, this presentation will focus on the goal itself and what helped us to accomplish it. July of 1969 will be remembered for centuries to come as the first time that mankind ventured beyond the earth's boundaries and explored a new world. Our speaker, David Jones has been making historical presentations since 1966. Register by April 9.



Wednesday, April 22.....10:00-11:30 am



Community Tripsters

Enjoy these day trips with friends, or join us by yourself and make new friends! This program series is sponsored with the cities of Brooklyn Center and New Hope with pick-ups in each city. The cost of each trip is all-inclusive for the entire day including transportation, escort, tax and gratuity unless otherwise indicated. You may begin registration immediately for these trips, and be sure you pay attention to the deadlines, space permitting!

FIRELAKE GRILL HOUSE & SEA LIFE MN

Enjoy a delicious lunch at the new FireLake Grill House restaurant in the Radisson Blu Hotel at the MOA. Order from a modified lunch menu of a soup & salad or salad & sandwich. Walk over to the Sea Life Minnesota Aquarium to explore the exhibits: jellyfish discovery, sea horse kingdom and the ocean and fresh water tunnel. A behind-the-scenes tour will take you up on deck above the tunnel system where you can see animals that are currently off-exhibit. Explore the Laboratory to find out how they treat and maintain the 1.3 million gallons of water that make up the aquarium. Visit the Food Prep Kitchen to see what they feed the creatures in order to keep them healthy and strong. This trip will include a lot of walking, so wear comfortable shoes! Register by December 30.
Thursday, January 1510:50 am-3:40 pm
Fee: \$54



IT'S NIFTY FIFTY DAY AT ST. CROIX CASINO

If you're 50 or older and have a TLC card, you can be one of the "nifty-fifty" with the extra perks for the day! Receive \$5 on your player's card for riding the bus, plus each "nifty-fifty" will swipe their TLC card at a kiosk for an extra \$5-\$50 on their card to spend on the machines. If you don't have a TLC card and would like one, tell us when you register; the card is the only way you have to redeem the "comp" money. The information will be forwarded to the casino and your card will be waiting for you. Minimum of 40 people. Register by February 26.
Wednesday, March 48:45 am-5:15 pm
Fee: \$6



UFF DAH! WORLD'S LARGEST FURNITURE RETAILER



Explore the Scandinavian heritage as we embark on a riding tour, visit IKeA for lunch and make a stop at the Nordic Ware Factory store. Our celebration begins as we meet Ole and Lena, costumed character guides from Minnesota's Scandinavian Past. Learn about sites such as the Mindekirken Church, Norway House, Swedish Institute and the famous statue of Leif erickson. We'll travel to IKeA in Bloomington, the world's largest furniture retailed founded in Sweden in 1943 by Ingvar Kamprad. Enjoy a lunch of Swedish meatballs, lingonberries, mashed potatoes, vegetables, beverage and dessert. After lunch, spend a little time exploring the store and the Swedish Food shop. Lastly, we'll stop at the Nordic Ware Factory Store in Minneapolis that specializes in Scandinavian ethnic cookware products. Uff Dah! Register by January 26.
Thursday, February 128:45 am-2:45 pm
Fee: \$58

MINNEAPOLIS INSTITUTE OF ARTS "ART IN BLOOM"

Enter a world of beautiful art and fresh flowers at the 32nd annual Art in Bloom exhibit in the Minneapolis Institute of Arts. enjoy a guided tour of floral arrangements that are designed by local florists to depict works of art while you view pieces of art throughout this lovely



museum right in the heart of Minneapolis! After the tour you will have an hour to explore the museum on your own. From all of the walking you will have worked up an appetite for an upscale, unique and fun-dining experience in downtown Minneapolis at The Melting Pot. From the first piece of bread dipped to the last bite of dessert savored; enjoy the interactive practice of fondue dining. The menu includes a 3-course meal of: cheese fondue, entrée of chicken, shrimp, steak & vegetables and chocolate fondue for dessert. An absolutely delicious way to end the afternoon! Meal is served with water, coffee, tea or soda. Register by April 16.
Thursday, April 309:15 am-2:55 pm
Fee: \$65

PICKLEBALL HALLOWEEN PARTY!



CLOWNING AROUND!!
Carol Cummins and Karen Omtvedt



SENIOR COMMUNITY RESOURCES

ISD 271/Community Education
763-504-6990

Dinner At Your Door • 763-531-1183

HOME Northwest • 952-746-4046

Senior Dining • 763-531-1183

Crystal Friendship Center
4800 Douglas Drive North
Crystal, MN 55429

